BEHAVIOURAL PROBLEMS OF SCHOOL AGED CHILDREN

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ABSTRACT

Children who are tired and worn out have behaviour problems more than those who are relaxed. Fatigue has been identified as one of the most common factors behind child's inappropriate behaviour. It is not normal for children to harm themselves or even think about self-harm. So, if they are harming themselves physically and having suicidal tendencies, you should be worried. Children who are overwhelmed are more easily tired, and children who are tired are more likely to behave in inappropriate ways. Fear makes kids do crazy things. It can make them lie or act in inappropriate ways in an attempt to hide that fear. It can also be the reason behind behaviour such as anxiety.

Keywords: *School children, behaviour of school aged children.*

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INTRODUCTION

The behaviour of school-aged children is an important indicator of adaptation in this stage of development; however, not all children are successful and may present externalizing or internalizing behavioural problems, expressed within the family and/or school contexts (Achenbach, Ivanova, Rescorla, Turner, & Althoff, 2016; Linhares & Martins, 2015; Marturano, 2013).

Families present structural and internal dynamics that may contribute to either risk or protective outcomes in terms of child development (Macana & Comim, 2015; Walsh, 2016) so adaptive difficulties associated with behavioural problems are frequent among children (Pizato, Marturano, & Fontaine, 2014). Considering the relevance of the influence exerted by the family context on school children, various studies have addressed the association of cumulative adversity present in the family context and the outcomes of behavioural problems among children (Duncombe, Havighurst, Holland, & Frankling, 2012; Leis, Heron, Stuart, & Mendelson, 2014; Pizeta, Silva, Cartafina, & Loureiro, 2013).

When analyzing the potential risk factors for the development of psychopathologies in 252 children and adolescents who are victims of domestic violence, Hildebrand, Celeri, Morcillo, and Zanolli 2015 verified that 92.8% of the participants were exposed to at least one risk factor. The authors also noticed that the association of two or more risk factors were present in 53.2% of the sample, namely family conflicts, mental health problems within the family, gender violence between parents, family involvement with drug trafficking and criminal behaviour, and the abusive consumption of alcohol by parents or legal guardians, among others.

SIGNS AND SYMPTOMS

- Child seems to have difficulty managing their emotions. They have frequent emotional outbursts, and minor things bother them.
- It is not normal if your eight-year-old becomes impulsive and displays destructive behaviour like hitting, throwing things, screaming, etc.
- Otherwise talkative child withdraws into a shell, talks back, and seems rude for no reason.
- Little child may be lying more often than you realize. Stealing or taking things that do not belong to them becomes a habit.
- Child's behaviour is affecting their performance at school. For instance, your child may be getting into fights, going late to class, or missing classes.
- Spats and disagreements your seven-year-old has with peers become problems that affect their social life. That is not normal.
- Unable to focus on one thing, gets restless, extremely lazy, or disoriented.
- Indulges in sexual behaviours that are not age-appropriate.
- Child starts questioning your instructions and does not respond to discipline. They may defy rules just to challenge you.
- It is not normal for children to harm themselves or even think about self-harm. So, if they are harming themselves physically and having suicidal tendencies, you should be worried.

DEALING WITH CHILD BEHAVIOUR PROBLEMS

1. Do what feels rights: If you do something you do not believe in or that you do not feel is right, it probably will not work. Children notice when you do not mean what you're saying.
2. **Be consistent:** Children need consistency. If you react to your child's behaviour in one way one day and a different way the next, it's confusing for them.
3. **Try not to over react:** Try to stay calm. Move on to other things you can both enjoy or feel good about as soon as possible.
4. **Talk to your child:** Children do not have to be able to talk to understand. It can help if they understand why you want them to do something.
5. **Be positive about the good things:** You can let your child know when you're pleased by giving them attention, a hug or a smile.
6. **Avoid smacking:** Smacking may stop a child doing what they're doing at that moment, but it does not have a lasting positive effect

MOST INFLUENTIAL FACTORS ON MOST CHILDREN'S BEHAVIOUR (Sanya Pelini 2021)

1. Fatigue has an impact on your child's behaviour: Children who are tired and worn out act out more than those who are relaxed. Fatigue has been identified as one of the most common factors behind your child's inappropriate behaviour
2. Hunger: hunger is one of the factors that brings out the worst in kids and adults alike. That is why it is not uncommon for your child to "behave worse"
3. Difficulty dealing with strong emotions: simple age-appropriate tools can help teach your child how to react

more appropriately to difficult emotions.

4. Nutrition: Although there is very conflicting information about the foods that affect children's behaviour, various studies suggest that you should be careful about artificial food dyes, too much sugar and dairy products if your child is lactose intolerant.
5. Expectations: The expectations you have of your child influence his behaviour. The more you expect him to act inappropriately, the more he will.
6. Too much to do: Children who are overwhelmed are more easily tired, and children who are tired are more likely to behave in inappropriate ways.
7. Lack of routines /or consistency: Children are creatures of habit, and when those habit change too often, they are likely to react in ways that may be described as "problem behaviour".
8. Change in family situation: Change is a common factor that influences your child's behaviour. Divorce and separations, death in the family, illness, and so on, are likely to modify your child's behaviour.
9. Connectivity with parent: That is why it is important to connect with your children every day. Finding simple things to do together every day strengthens your connection and increases the chances that they will behave appropriately.
10. Fear: Fear makes kids do crazy things. It can make them lie or act in inappropriate ways in an attempt to hide that fear. It can also be the reason behind behaviour such as anxiety.

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